Gut Healing Diet Cheat Sheet

Don’t Eat/Drink This ▬▬▬▬▬▬▬▬▬▬
gluten, dairy, corn, soy, booze, coffee, sugar, processed foods

Eat This ▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬
organic meat, fish, poultry, eggs; leafy, crunchy, starchy veggies; berries and banana; avocado, coconut oil, ghee; flax & chia

Include Gut Healing Superfoods: bone broth, salmon, blueberries, chia seeds, fermented foods, turmeric

Drink This ▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬
green tea, water kefir, bone broth, turmeric tonics, kvass, green juice